

5 THINGS TO NOT SAY TO SOMEONE SUFFERING FROM DEPRESSION

“WHY DON’T YOU JUST SNAP OUT OF IT?”

“LOOK, WE ALL GET A LITTLE SAD SOMETIMES...”

“I UNDERSTAND HOW YOU FEEL”

“I’VE BEEN DEPRESSED TOO, THAT DOESN’T MEAN YOU CAN’T ... ”

“BUT YOU WERE SO HAPPY LAST WEEK!”



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ANARCHISTS TALK
ABOUT MENTAL ILLNESS
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